BARGAIN BEAUTY WITH TIKA SUMPTER

THE "GOSSIP GIRL" GIVES US A PEEK INTO HER BAG. PAGE 10

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City fire chief resigns after bombing fallout

Mutiny. Chief Steve Abraira said deputy chiefs' "baseless attacks" about his handling of the Marathon bombings made it impossible to continue to do his job. **Bad blood.** Deputies previously said Abraira did not adequately take command of chaotic Boylston Street scene. PAGE 02

Suicide on John Henry's yacht

PAGE 04

'Nashville' is on to something

PAGE 09

So your kid wants to play sports?

PAGE 11

MBTA ALERTS 2.0 PAGE 02

MBTA Public Information Officer Brian McKeon sends out alerts to 65,000 people each day. To continue to find out if service is delayed, users must sign up for the new system, launching today. / NICOLAUS CZARNECKI, METRO

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1 NEWS

Online

Trending online at Metro.us

1 Man poses as Harry Styles to get girls naked.

2 Chin up, America: Only 1 in 3 report very happy.

3 Michael Douglas blames cancer on HPV: Can oral sex really cause cancer?

Today's tweet

"hoping, waiting, wishing that I make it back for the Stanley Cup Final #boston #bruins #best"

Loyal Bruins fan @stemonie15 might have to cheer on her team in spirit.

MBTA launches new and improved T-Alerts service

Detailed data. Starting today, T riders can sign up for faster, more specific notifications.

The MBTA today rolls out a more detailed, streamlined T-Alerts service to keep its customers informed about service disruptions.

The improved system offers the T's 1.3 million daily riders faster access to more detailed service information.

Chief Technology Officer Gary Foster said the new system "gets right to the point."

"This is much more granular compared to the original system. We are able to be more specific," said Foster, adding that the changes were based on feedback from T customers.

"We've had a number of complaints about the existing system in terms of timeliness. Originally the data we sent out was raw. It wasn't as clean as it is now. In the last two years we've made tremendous improvements in the quality of the data in general [that] we send to customers and to our developers. Now we're taking it to the next level."

Public Information Officer Brian McKeon is responsible for manning the T-Alerts desk from the MBTA's control center on High Street, where employees work around the clock to monitor the agency's elaborate transportation network.

"On the previous [alert] system, we wouldn't be able to specifically list the stops that would be affected by a delay," said McKeon, "This new [system] allows us to pick as many stops as we need to inform customers about a delay."

T-Alerts launched in 2007, and has since racked up roughly 65,000 subscribers. Customers must sign up for the new system, as the old one is being discontinued.

MORGAN ROUSSEAU
morgan.rousseau@metro.us

MBTA Public Information Officer Brian McKeon sends out notifications from the MBTA Command Center using the new T-Alerts system. / NICOLAUS CZARNECKI, METRO

Fire chief steps down amid criticism

Abraira previously served as chief in Dallas before coming to Boston in 2011. Historically, Boston's chiefs are promoted from within the ranks. / GETTY IMAGES

Embattled Boston Fire Chief Steve Abraira is stepping down due to criticism over his handling of the Boston Marathon terror attack.

Abraira took heat in the wake of the deadly April 15 bombings, as some deputy chiefs believed he did not adequately take command of the chaotic Boylston Street scene as well as at other major fires.

According to his resignation letter sent yesterday, those criticisms compelled him to step down.

"The baseless attacks by the Deputy Chiefs, especially their actions of making this a matter of public debate by leaking their letter of April 26th to the press, has made it impossible for me to continue to do my job," Abraira said. "I cannot do my job when their primary focus is on attacking me personally and misrepresenting my actions and our mission."

His resignation goes into effect Friday.

Abraira served in Dallas before his 2011 appointment as chief; the department has typically been led by chiefs selected from within its ranks.

When asked for comment yesterday, Boston Fire Department Spokesman Steve MacDonald said, "We wish Chief Abraira well in his future endeavors and thank him for his service to the people of Boston." MORGAN ROUSSEAU

Entrepreneurs

Hub second best for small biz

CardHub.com released a report yesterday ranking Boston as the second best city in the U.S. for small businesses based on industry variety, job turnover, hours worked and wages for new hires. METRO

Police shooting

DA: Impartial investigation

The Suffolk District Attorney said late Sunday that an "impartial" investigation will be conducted into the fatal police shooting of a man in Dorchester. Officials said the man was shooting at officers. METRO

Dunkin' buzz

Donut sandwich goes national

Massachusetts-based chain Dunkin' Donuts will start selling a bacon, egg and glazed donut sandwich nationwide on Friday. The breakfast sandwich was tested in select stores in eastern Mass. in April. METRO

Glazed donut sandwich
DUNKINDONUTS.COM

Brockton probe

Child's death investigated

State and local police were investigating yesterday after a 4-year-old Brockton boy died under what authorities called "suspicious circumstances" when he became ill in a hotel room. METRO

Bulger trial. Some issues outstanding as potential jurors begin to report

As hundreds of potential jurors start to report to federal court in South Boston today to possibly decide the fate of alleged mob boss James "Whitey" Bulger, some of the last-minute motions filed by prosecutors and the defense team remain undecided.

While Judge Denise Casper resolved some of the loose ends during a hearing yesterday, other issues remain pending.

Those issues include the allowing of Bulger's lawyers to talk about former Bulger associate Kevin Weeks' polygraph.

Casper also left both sides to work out an issue over the handing over of evidence. Bulger's lawyers want the former fugitive's file that is kept at FBI headquarters, but prosecutors said they only have available Bulger's file from the FBI's Boston office.

Bulger's lawyers argued that having the headquarters file was crucial, so prosecutors said they would work to secure it and discuss it with the defense team.

The unresolved issues will either be decided by Casper in the coming days or will be argued by both sides later in the week.

MICHAEL NAUGHTON

Bulger's stare

Bulger, who had been absent for many of the pre-trial hearings held since his 2011 capture in Santa Monica, Calif., was in court yesterday.

- As lawyers yesterday argued over the unresolved issues, a clean-shaven Bulger sat between his defense team. He stared straight ahead, expressionless and with his arms crossed for much of the pre-trial hearing.

Dorchester school wins wellness contest

Patriots owner Robert Kraft stopped by the Russell Elementary School in Dorchester yesterday to deliver some good news in the form a check. Elizabeth Reynolds Lupo, a physical education teacher at the school, won the Find Your Balance Challenge for kick-starting a schoolwide wellness initiative. The money will help the school provide more meal options for students. The school, which has 100 percent participation in a free- or reduced-lunch program, does not have a fully operating kitchen, limiting the food choices. / NICOLAUS CZARNECKI, METRO

Boston Strong

City seizes knockoff concert shirts

Out-of-state vendors illegally peddling knockoff Boston Strong T-shirts outside the TD Garden during last week's One Fund benefit concert dropped the clothes and ran as city inspectors and police moved in on the illegitimate operation.

Vendors from New York set up outside the Garden during Thursday's concert and tried to sell the knockoff shirts without a permit, said Chief Michael Mackan of the code enforcement division for the city's Inspectional Services Department.

Mackan said the vendors would literally drop the clothes and run when they spotted city officials.

Two local vendors who did have permits to sell shirts of their own design were cited, Mackan said, because they sold the shirts during hours that are not permitted. MICHAEL NAUGHTON

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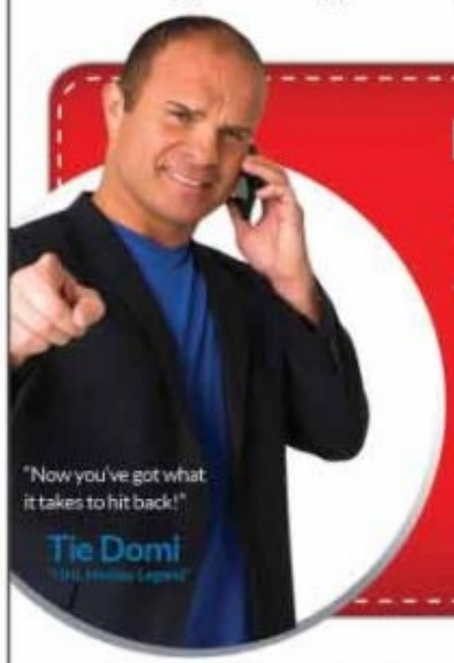

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Show 'You're the Expert' lets you laugh and learn

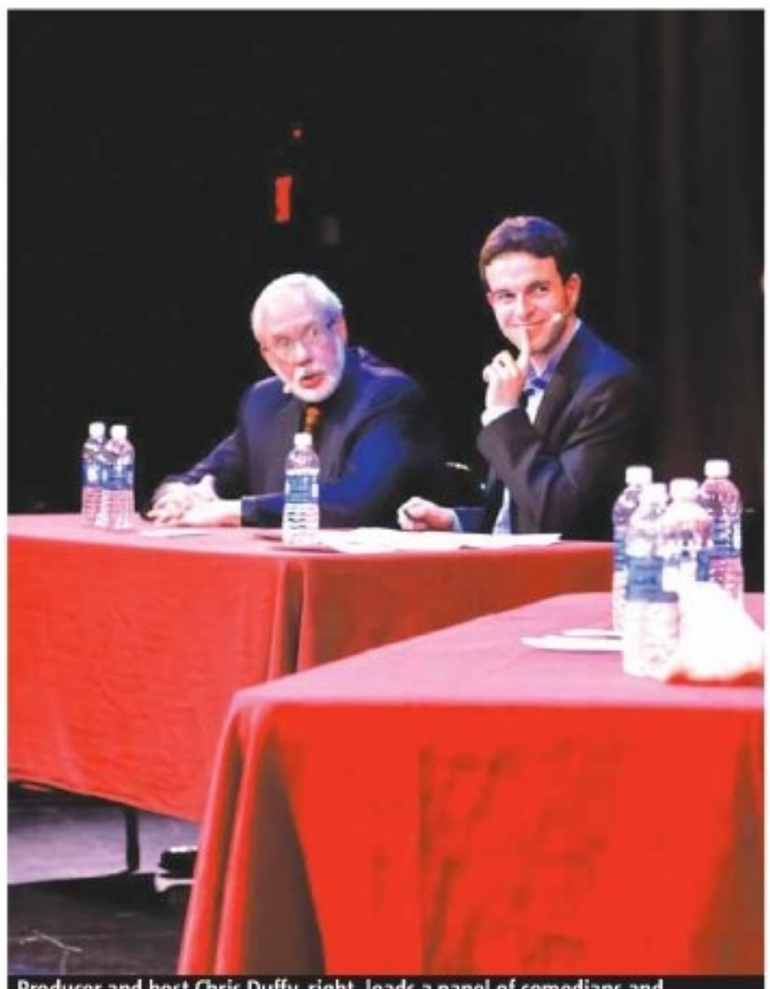
Infotainment. A Cambridge radio show offers listeners an educational chuckle.

A live radio show that awkwardly fuses academia and comedy is gaining traction in Cambridge and is expected to draw a crowd tonight at the Oberon Theater.

Chris Duffy, producer and host of "You're the Expert," tracks down an expert in an obscure academic field – easy enough in Cambridge – then leads a panel of comedians as they try to guess what he or she does all day. The hope is not only to generate a few laughs, but also to educate.

"I love comedy. It's really fun, but every so often, the subject matter is trivial; sort of meaningless. I wanted to come up with a way to use comedy as a platform for people to learn something," said Duffy.

MORGAN ROUSSEAU
morgan.rousseau@metro.us


Producer and host Chris Duffy, right, leads a panel of comedians and academics in a recent taping of "You're the Expert." / RICHIE MORIARTY

Red Sox. Apparent crew suicide on owner John Henry's private yacht

The Boston Red Sox released a statement yesterday regarding an apparent suicide on owner John Henry's private yacht docked at 30 Rowes Wharf.

"Earlier today, a crew member on the vessel, M/Y Iroquois, apparently took his life aboard the vessel docked at 30 Rowes Wharf (behind the Boston Harbor Hotel). Mr. Henry and the members of the Boston Red Sox are saddened by the news and send deepest condolences to his family."

Apparently only crew members were onboard the vessel when the incident occurred.

The victim is reportedly a man, 28 to 30 years old.

MATT BURKE

A body is taken off the Iroquois, a yacht owned by Boston Red Sox owner John Henry.
NICOLAUS CZARNECKI, METRO

Bombing recovery

Final marathon bombing victim leaves hospital

A preschool teacher who lost a leg in the Boston Marathon bombings was set to be released from the hospital yesterday, the final patient injured in the blasts.

Erika Brannock, 29, of Towson, Md., has been treated at Beth Israel Deaconess Medical Center, among the 264 people wounded in the April 15 explosions that also left three people dead.

Brannock's left leg was amputated above the knee, and she also suffered broken bones in her right leg. She is expected to return to the Baltimore area for additional treatment. METRO

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Justices. Supreme Court says police can take DNA upon charging a suspect

In a major victory for law enforcement agencies, a divided Supreme Court yesterday ruled that police can take a DNA sample from someone who has been arrested and charged but not convicted of a serious crime.

On a 5-4 vote, the court reversed a decision last April by Maryland's highest court that overturned the 2010 conviction and life sentence of Alonzo Jay King for a rape committed seven years earlier.

In an opinion written by Justice Anthony Kennedy, the court handed a victory to the state of Maryland by saying that taking DNA samples from arrestees was similar to taking fingerprints. Of the 50 states, 29 have such laws along with the federal government.

DNA samples can be taken if police have probable cause to detain a suspect facing charges relating to a serious offense, Kennedy said.

REUTERS

Oklahoma twisters

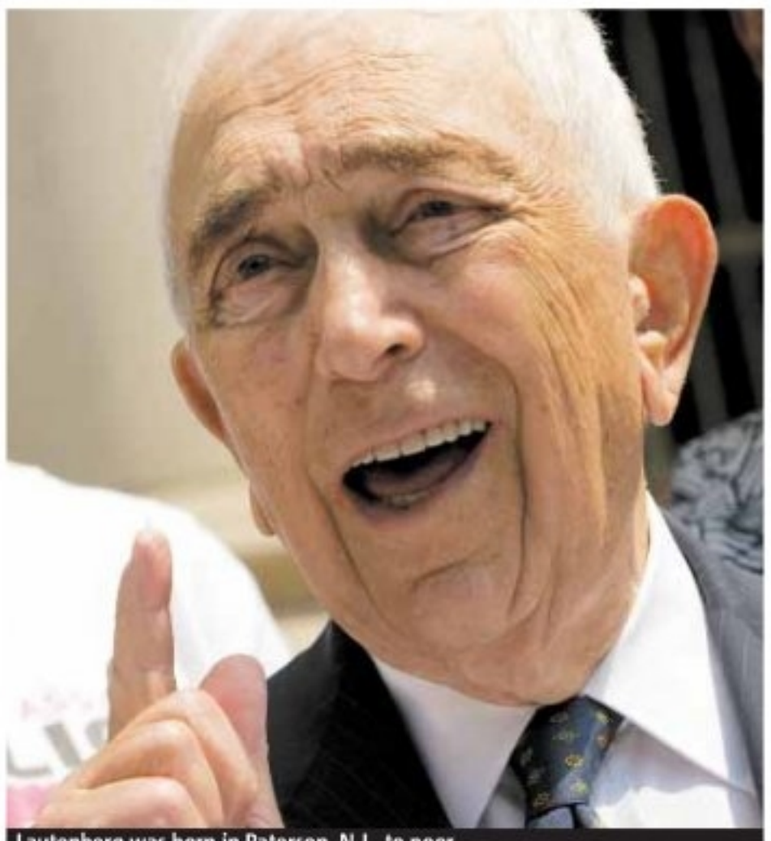
Death toll reaches 18 in Friday's tornadoes, floods

The death toll from deadly tornadoes that struck Oklahoma on Friday has risen to 18, including six children and 12 adults, the Oklahoma chief medical examiner said yesterday.

Officials added five victims yesterday to the confirmed list of dead from the tornadoes and from storms that caused severe flooding.

REUTERS

Five-term New Jersey Senator Frank Lautenberg dies at 89



Lautenberg was born in Paterson, N.J., to poor Polish and Russian Jewish immigrants. / GETTY IMAGES

Democrat. He was the Senate's last surviving World War II veteran.

Frank Lautenberg, a self-made multimillionaire businessman who became a leading liberal in the Senate and championed smoking bans, gun control, airline safety and rail transportation, died yesterday at 89, an aide said.

Lautenberg's office said in February 2010 that he had been diagnosed with cancer and would have chemotherapy.

That June, he said he had recovered completely.

A co-founder, former chairman and chief executive of the payroll services company Automatic Data Processing, he was elected as a Democrat by New Jersey voters to five six-year terms in the Senate.

He was first elected in 1982, running after incumbent Democrat Harrison Williams quit in a bribery scandal.

Lautenberg retired from the Senate in 2000, saying he was tired of chasing campaign contributions.

But in 2002, he came out of political retirement at age 78, filling the seat of Robert Torricelli, who dropped his re-election bid amid corruption charges involving improper gifts from a businessman.

Lautenberg was re-elected in 2008 at age 84. REUTERS

Drinking age

21

He wrote the law that required U.S. states to set 21 as the drinking age as a condition of getting federal highway aid, a move he said had saved tens of thousands of lives.

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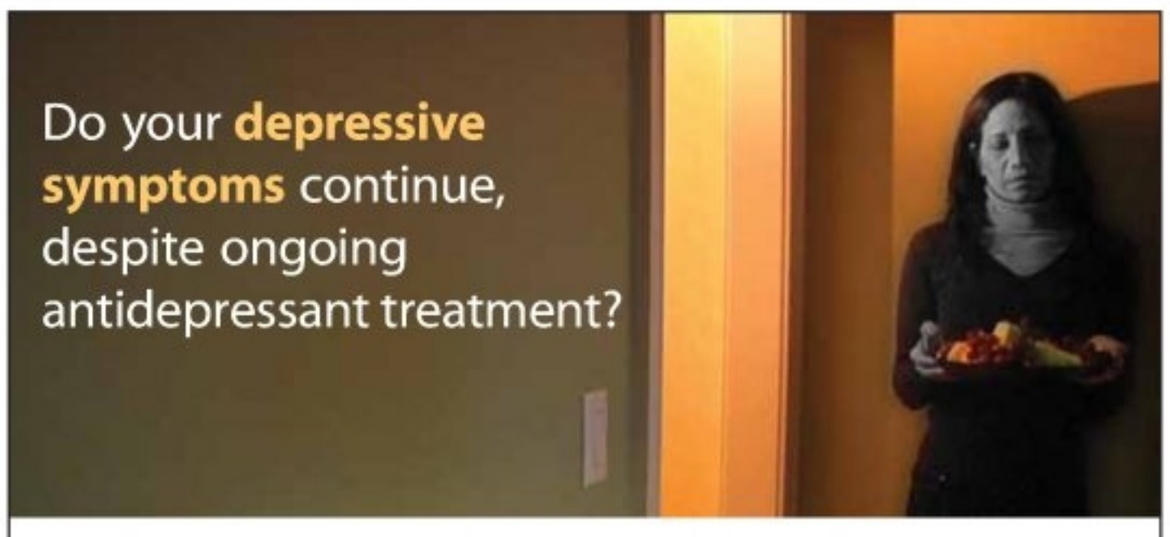

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1 Soul singer Sharon Jones has cancer, postpones album

Sharon Jones & the Dap-Kings are postponing a new album and tour due to Jones' recent cancer diagnosis.

"Over the last few weeks I haven't felt good and I didn't know what was going on," Jones, 57, said on the Dap-King's website. "We just found out that I have a stage 1 tumor on my bile duct. Luckily we caught it really early and fast, and the doctors say it's operable and curable!"

The group's fifth album, "Give the People What They Want," was scheduled to be released on Aug. 6. No new release date is set.

McConaughey gets his feet dirty

Matthew McConaughey hosted the Veuve Clicquot Polo Classic at New Jersey's Liberty State Park on Saturday. The event is kind of like the Northeast's Kentucky Derby — attendees get all dolled up in the finest Gatsby-esque attire for a day of competitive polo. During halftime, McConaughey and wife Camila Alves McConaughey went out onto the field for the stomping of the divots. / GETTY IMAGES FOR VEUVE CLICQUOT

2 More on Michael Douglas' claim he got mouth cancer through oral sex

By now, you've heard the news that has traveled the world over: Michael Douglas claims that his stage 4 throat cancer was caused by performing oral sex.

"Without wanting to get too specific, this particular cancer is caused by HPV, which actually comes about from cunnilingus," Douglas told The Guardian over the weekend.

So, did Douglas inadvertently out his wife, Catherine Zeta-Jones, for having HPV? Not necessarily, says Dr. Julie Sharp, senior science communications manager at Cancer Research U.K. "It might have been a previous infection," she says, meaning he could have caught it before he was with Zeta-Jones. "Cancer doesn't just develop overnight." And, yes, you can get oral cancer this way (sorry, everyone). "HPV can be linked to certain types of mouth and throat cancer, through things such as oral sex. … The more sexual partners you have, the more you're exposed to different types of HPV, increasing your risk of contracting one of the forms linked to cancer."

THE WORD
Dorothy Robinson takes on the world of gossip.
DOROTHY ROBINSON
@dorothyatmsn
dorothy.robinson@me.com

3 Jesse James' daughter goes to rehab

Jesse James' daughter, Chandler James, 18, checked into rehab in April to battle her addiction to crystal meth, Radaronline.com revealed yesterday. The site published troubling photos and video of Chandler inhaling crystal meth off of aluminum foil.

"It is an open secret that Chandler and her friends party hard and get wired," said a "friend" who sold the video to Radar. "It was getting pretty out of hand. If she didn't get help, who knows what could have happened." Chandler also apparently has a problem with huffing inhalants.

James confirmed the news to Radar: "My daughter spent the month of April in a treatment facility getting help for addiction," James told the site, via email. "She is out now and in recovery, actively participating in a 12-step [Alcoholics Anonymous] program."

4 Amanda Bynes evicted

Amanda Bynes needs a new place to live. (And that new place should be rehab, but what do I know?) The troubled former child star was reportedly evicted from her New York City apartment last week, according to In Touch Weekly. This is the same apartment where Bynes was arrested on May 23 after she allegedly threw a bong out of her 36th-floor window.

If Bynes is causing this much trouble with an apartment, just imagine how crazy she's going to be when she's homeless. Are we going to see her panhandling on the subway next?

2 CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Mindy Kaling is shopping for a new car, Chloe Grace Moretz could use some more darkness, Judd Apatow is trying to keep some perspective and Whitney Cummings is trying to be more tech-savvy.

@mindykaling: The Tesla is cool but I've always thought of it as kinda for dudes and also I can't afford it. I love the maybach buy I need an entourage.

@ChloeGMoretz: Waking up before dawn, oh summer sunlight, it's light till 11 then light at 4

@JuddApatow: People think it is wrong to make goofy tweets when there is something awful in the news. There is always something awful in the news.

@WhitneyCummings: Is there a way to hook up Friendster to Instagram?

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Character

Creating an imperfect heroine

What do you love about Joanna that you wanted to see her through another adventure?
I was very determined to write a woman who was different from most standard historical characters. I wanted her to be independent and intelligent, but not perfect. She has a bit of a temper; she's a bit impulsive. I've had people say that they love her, but they want to go into the book and shake her. I wanted to create someone who was flawed but who had an urge to always try and do the right thing.

Take a trip to England in 'The Chalice'

Historical fiction. A headstrong nun meets a famous king.

This sequel to "The Crown," Nancy Bilyeau's debut novel, brings back Joanna Stafford, a headstrong nun faced with a dramatic fate at a young age: to fulfill an unclear prophecy. And Stafford is here to stay — Bilyeau signed on to write a third book last month, making this series a trilogy.

"The Chalice" follows her as she leaves her oasis of Dartford, a small town hours from a major city, to travel to London and abroad in search of answers. Stafford seeks not only to unlock the prophecy, but also whether she should fulfill it at all.

Major characters of the era appear, including, of course, King Henry VIII, Anne of Cleves and the Tower of London, all told through the lens of a woman who only ever wanted a quiet life as a nun.

Nancy Bilyeau just signed on to write the third book in this series.
JOSHUA KESSLER

How do you write? How do you transplant yourself into this time?
I'd take my laptop and go to the Cloisters museum. I would try to write in there because they have recreated 14th- and 15th-century French monastic rooms, and Dartford Priory was built in that period. So as long as my battery would hold up and the guards wouldn't chase me out, I would sit in various corners and write.

You traveled to England for research. What was that like?
They demolished the priory just like in the book. There is still a gatehouse from that period. I walked the perimeter,

and it was very emotional to feel that all these women had been there and lived these lives, and that maybe I would help that they would not be forgotten.

With so many books written about this era, did you feel like you needed a really unique idea?
I wanted to do a thriller. That was important to me. I thought I wanted to do that more than anything else, and then I decided what period to set it in.

ALISON BOWEN
alison.bowen@metro.us

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TV watch list

Comedy

'Inside Amy Schumer'

Amy cooks meth and gets a makeover. These things are not mutually exclusive. In fact, we'd like to think that one often begets the other. You've seen the photos.
10:30 P.M., COMEDY

Reality

'I'm Married to A...'

In this episode, a man who lives with two strippers is featured. We'd totally watch a show called 'Pole-Dancing Polygamists,' by the way. Your move, MTV.
10 P.M., VH1

Educational

'Extreme Parking'

The fact that there is a show about the awesomely rad and dangerous side of parking cars kind of makes us want to jump in front of a moving one.
10 P.M., TRAVEL

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FACEBOOK

Head over to Germantown for brunch in the beautiful garden at **Monell's (www.monellstn.com)**, or an Italian dinner at **City House (www.cityhouse-nashville.com)**. Then take a stroll around the neighborhood to check out the beautiful Southern homes before popping into **The Cupcake Collection (www.thecupcakecollection.com)**, which boasts a porch where you can enjoy your treats.

It's no wonder they gave this city a TV show

Hit the road. Nashville — Music City, USA — has a lot more to offer than rockin' good tunes.

Nashville is no longer just about country music. Home to indie acts like the Black Keys, this vibrant Southern city is a playground for music and art lovers, savvy style mavens and food fanatics — and all of them can find plenty to do and see.

Sleep

For a truly luxurious experience, book a room at the sprawling **Gaylord Opryland Resort**, almost a city unto itself. It's in a great location, too, for those looking to experience Nashville's Grand Ole Opry, the world's longest-running radio show. It has hosted some of country music's greatest legends.

The Gaylord Opryland Resort (www.gaylordopryland.com) is connected to the Grand Ole Opry.
PROVIDED

Tomorrow, the Country Music Hall of Fame opens an exhibit on Carrie Underwood. / TENNESSEE TOURISM BOARD

Sightsee

You can't visit Nashville without checking out the **Country Music Hall of Fame (www.countrymusichalloffame.org)**, a winding three-floor collection that houses a wide array of historic memorabilia, including the MacBook Taylor Swift used to write some of her songs.

The Frist Center for the Visual Arts (www.fristcenter.org), once a post office, has no permanent collection: The curatorial staff instead devotes their time and resources to bringing in exhibits from the finest institutes in the world. The museum is worth a visit for its art deco interior and Greco-Roman exterior alone. Free tours are offered on the first Saturday of the month at 4 p.m.

For a romantic nighttime jaunt, head to **Cheekwood Mansion (www.cheekwood.org)**. It's just a short drive outside of the city. Make sure to go on a Wednesday, Thursday or Friday after dusk to catch "Lights," an outdoor art installation by Bruce Munro.

Katy K Designs sells new and vintage Western wear. / DANIELLE TCHOLAKIAN

Shop

Shopaholics will love the 12th South District, where custom-made jeans can be scored — and handcrafted in front of you — at **Imogene + Willie (www.imogeneandwillie.com)**. Or stroll through Hillsboro Village with its eclectic mix of shops and coffeehouses, plus **BookManBookWoman (www.bookmanbookwoman.com)**, a jam-packed used bookstore that page-lovers can get lost in for hours.

DANIELLE TCHOLAKIAN
danielle.tcholakian@metro.us

PLUS

Raise your glass
Patterson House
Trendsetters, take note: Patterson House is a dream come true for speakeasy-loving travelers. Slip behind a velvet curtain to order inventive twists on classic cocktails from bartenders who look like they stepped right out of "The Great Gatsby." This cozy, classy 1920s hideaway is adorned with chandeliers and antique books.

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Holland America Line — Receive up to $775 Onboard Credit, plus Free Dining, Wine or Champagne on select sailings	7-Day Alaska — Fr. $399* pp — Ocean View $499*, Balcony $979*	7-Day Caribbean — Fr. $499* pp — Ocean View $589*, Balcony $789*	12-Day Europe — Fr. $799* pp — Ocean View $989*, Balcony $1189*	10-Day Panama — Fr. $929* pp — Ocean View $1179*, Balcony $1469*
Celebrity X Cruises — Receive FREE Pre-Paid Gratuities, up to $200 Onboard Credit plus up to $350 in Onboard Savings on select sailings	7-Day Alaska — Fr. $449* pp — Ocean View $549*, Balcony $999*	7-Day Caribbean — Fr. $549* pp — Ocean View $849*, Balcony $1219*	10-Day Europe — Fr. $874* pp — Ocean View $974*, Balcony $1069*	12-Day Australia — Fr. $999* pp — Ocean View $1299*, Balcony $1499*
RoyalCaribbean INTERNATIONAL — Receive FREE Pre-Paid Gratuities, up to $300 Onboard Credit plus Free Upgrades and more on select sailings	7-Day Europe — Fr. $499* pp — Ocean View $549*, Balcony $899*	7-Day Bermuda — Fr. $529* pp — Ocean View $649*, Balcony $729*	7-Day Alaska — Fr. $599* pp — Ocean View $799*, Balcony $1699*	9-Day Caribbean — Fr. $599* pp — Ocean View $749*, Balcony $1049*

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WINNER, WINNER, CHICKEN SANDWICH.

New Chicken Sandwiches

DUNKIN' DONUTS

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Product junkie: Tika Sumpter

Makeup. The actress, of "Gossip Girl" and "Sparkle" fame, has a flawless face and a weakness for budget beauty products. We look inside her cosmetics bag.

1 Keri Original Body Lotion

"I use this every day on my face and on my body. I don't like scents. I just like lotion. This is such a simple formula, and there are no harsh chemicals in it."
www.kerilotion.com

2 Tarte Matte Lip Tint in Exposed

"I'm a no-fuss makeup person, and this color is so easy and wearable. I don't like lip gloss because it comes off [easily], but this stuff, even if it does come off, you can just throw it back on."
www.tartecosmetics.com

3 Make Up For Ever HD Foundation in Coffee

"It's so light on your skin, it barely feels like you have anything on. You just need to make sure you blend it in properly, especially where your face ends and your neck begins."
www.makeup-forever.com

4 Cover Girl Queen Collection Natural Hue Bronzer in Ebony Bronze

"I love it because it contours without making your face look contoured. It just gives it extra dimension."
www.covergirl.com

ROMINA McGUINNESS
romina.mcguinness@metro.lu

5 House of Lashes Au Naturale Hollywood Glam Lashes

"You would think these [are too over the top], but when you put the lashes on, you look insane. They will change your life."
www.houseoflashes.com

Tika on ...

Her beauty takeaways from "Gossip Girl" and "Sparkle"

"Everything on 'Gossip Girl' was simple and pretty, very much like that Blake Lively fresh-faced look. But the movie 'Sparkle' introduced me to '60s makeup. Now, if you're going to line my eyes, it has to be the blackest liner possible."

Her favorite DIY beauty elixirs

"At night, I take a washrag, add a pump of coconut oil and remove my makeup. Then I wash my face with the Murad AHA/BHA Exfoliating Cleanser (www.murad.com) and moisturize with Keri."

Her go-to complexion fixer

"I'll apply the Queen Helene Mint Julep Masque (www.queenhelene.com). It shrinks your pores and dries up pimples.

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How to avoid summer sports stress

Sports. Find the right team for your child.

With deadlines approaching for summer — and even fall — sports teams, now is the time to find the right environment for your children.

But identifying the right one out of a slew of options can be stressful, and experts suggest taking the time to find the right fit.

Luis Fernando Llosa, a co-author of "Beyond Winning: Smart Parenting in a Toxic Sports Environment," recommends waiting until kids are 11 or 12 to sign them up — something he acknowledges is unusual.

This allows children time for developmental stages, he said, "rather than having a coach barking at them all the time and telling them what to do."

Those barking coaches are another thing to avoid, he advises.

Tips

Llosa gave Metro the following tips to foster a positive sports experience for children:

- Play one sport per season
- Play different sports during different seasons
- Choose one activity per year that includes development and balance
- Study the history of a sport kids play
- Arrange for your athlete to help coach a younger team

Some children might be better suited to sports like swimming. / THINKSTOCK

"Find out whether the coach is ego-driven or not," Llosa said. "They're doing this more for themselves than for the kids that they coach, and they have very little training in child development."

Aaron Finkel had so much trouble deciding among the "dizzying" number of sports options and deadlines that he launched a website last month, New York Sports Connection, to organize teams.

"There are so many different options for parents," he said, which can become overwhelming.

Many moms and dads also miss deadlines — something he did once and hopes to never do again.

"I missed the deadline for my son once to [play] flag football," he said. "I never want to see that look on his face again."

ALISON BOWEN
alison.bowen@metro.us

Development. A new study says short stature may not require so many tests

Kids who are short for their age but otherwise healthy probably don't need extensive blood tests to determine if a disease is stunting their growth, researchers said in a new study.

Of 235 short kids without symptoms who were referred for testing, just three had a possible diagnosis picked up on those labs, and only one diagnosis — for celiac disease — was confirmed, researchers found.

"Most of the screening tests are for diseases you really wouldn't want to miss, but it's rare that any of those diseases [would only] present with short stature," said Dr. Stephanie Sisley, who led the study.

Guidelines on short stature from endocrinology groups recommend lab screening for very short children, including those who don't have any problems picked up on a physical exam. That screening includes blood tests for thyroid and growth hormones as well as calcium and other nutrients.

But one of the authors of those guidelines agreed that based on the new findings, kids who are short but have no other symptoms probably don't need extensive screening.

Quoted

"Most of the screening tests are for diseases you really wouldn't want to miss, but it's rare that any of those diseases [would only] present with short stature."

Dr. Stephanie Sisley

NO EXTRA SCREENING / ISTOCKPHOTO

Sisley and her colleagues reviewed the medical charts of more than 1,300 short children who were referred to the endocrinology clinic at Cincinnati Children's Hospital Medical Center between 2008 and 2011. Of them, 235 were below the third percentile for height, and had a normal check-up and no record of having stopped growing.

A 10-year-old girl who is 4 feet 1 inch tall would fall just below the third percentile, for example, as would a 6-year-old boy who is 3 feet 5 inches tall.

Few of those children underwent all tests recommended by the guidelines; the average kid had about two-thirds of them.

One was diagnosed with celiac disease — when the body can't process certain grains — and two others had signs of underlying conditions but didn't finish follow-up tests.

Sisley and her colleagues said their findings show that many children are inappropriately referred to specialists for short stature. REUTERS

Type 1 Diabetes?

Up to 70% of people with diabetes develop nerve damage.

Diabetes nerve damage can affect the legs, feet, or hands, causing numbness or loss of sensation. But since this nerve damage comes on gradually, many do not even realize they have a problem - until it leads to more serious complications.

Doctors at the Translational Pain Research Group at Brigham and Women's Hospital are conducting a research study of an investigational medication that may help reduce nerve damage for people with type 1 diabetes. If you choose to participate, you will receive a no cost, non-invasive test to help determine if you have early signs of diabetes nerve damage. You will also be compensated for time and travel.

Take *the* Next Step
To learn more, and to see if you might qualify, please call **1-888-578-8390** or visit **www.DiabetesNerveStudy.com**

Horoscope

♊ Gemini | May 22-June 20. You'll be more alert to opportunities and nuances in the morning than in the afternoon. As you tire, you could easily start to miss things.

♋ Cancer | June 21-July 22. Your methods could be quite imaginative and innovative today. Don't let associates who cannot match your thinking shut you down.

♌ Leo | July 23-Aug. 22. If you put too much emphasis on your own interests, expect to meet with resistance from others. Conversely, when you are considerate of other people, good things can happen.

♍ Virgo | Aug. 23-Sept. 22. Be extremely careful of your words when talking to a sensitive friend. What you think is merely a harmless comment could be construed as offensive.

♎ Libra | Sept. 23-Oct. 22. A project might require more resources than you have at your disposal. To be on the safe side, have someone at your side, ready to help out.

♏ Scorpio | Oct. 23-Nov. 21. Even though you usually are a cooperative person, today you might not be a team player. Remember, when you make things tough on others, you make things tough on yourself.

♐ Sagittarius | Nov. 22-Dec. 21. If you want to have a productive day, you must follow a realistic plan. If you don't, all of your time will be spent cleaning up messes.

♑ Capricorn | Dec. 22-Jan 20. There isn't likely to be anything wrong with the way you think, but you might have to compromise to placate another.

♒ Aquarius | Jan. 21-Feb 18. Some lucky developments are a strong possibility. However, unless you're willing to share the benefits with others, you could end up feeling dismal.

♓ Pisces | Feb. 19-March 20. Most of your affairs will turn out favorably, with one exception. There is a possibility you might repeat an error in judgment that you've made before. Live and learn.

♈ Aries | March 21-April 20. Don't take anything at face value, especially financial matters. There could be hidden benefits as well as hidden pitfalls. Pay close attention to detail.

♉ Taurus | April 21-May 21. A willingness to cooperate and a desire to do what's best for all will ease many of the day's confrontations. Do more giving than taking.

BERNICE BEDE OSOL

Letters

'Sex Issue' a death knell for greatness

Re: "The Sex Issue" (Metro, May 31-June 2) Metro's "Sex Issue" is a total slap in the face to your readers who proudly believe in traditional Judeo-Christian moral values. Metro needs to balance last Friday's issue by covering people and events that exemplify traditional moral values, which have made our nation the greatest in the world. I will encourage all my like-minded friends to email Metro in support of my position. Your paper's target audience needs to wake up and embrace traditional Judeo-Christian values before our country goes further down the drain.

DANIEL SULLIVAN, VIA EMAIL

Online

Read letters at Metro.us!

In addition to news, features, updates and more, Metro is now posting letters to the editor on our website. Check it out at Metro.us.

Jolie headline less than radiant

If your crass headline "Two girls lighter, Jolie is still radiant" (Metro, June 3) was meant to be a compliment to her, you need a crash course on socials skills. Not only was it insensitive and crude, it was a slap to the face of every woman who has undergone mastectomy surgery or lost her breasts to cancer.

ROSE DIPRIMIO, VIA EMAIL

I am a nurse and I am a woman. I am totally offended by your referral to "two girls lighter" in reference to Angelina Jolie's tragic double mastectomy.

I think you should in tomorrow's paper apologize to her and the world for such a crass and insensitive statement.

CAROL CARD, VIA E-MAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

	4							
6		7			4	5		8
	8	3		7	2			4
3		9			5		7	
				1				
	1		6			9		5
5			7	3		4	8	
2		6	4			1		7
							9	

			8					1
	6	1	9		3	4		7
				1				5
	3	9				1		
	7		5		6		3	
		5				6	7	
9				8				
7		3	6		1	2	4	
4					7			

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across
1 Docile
5 NFC gridder
8 Agree
12 — — costs
14 Coupe or sedan
15 Taconite yield
16 Raj headquarters
17 Metric unit
18 Shopping plaza
19 Relics
21 Speed demon's cry
23 — Enterprise
24 Kind of artist
25 Compass dir.
26 Baez or Seeger
30 Escapades
32 Improve upon
33 Not an alien
37 Billionth, in combos
38 Gluts
39 Jai —
40 Seedling's need (2 wds.)
42 Stalks
43 Puts the kibosh on
44 Type of hound
45 Itinerary word
48 Spring mo.
49 Wetlands
50 Soft wool
52 Protected, in a way
57 Kind of control
58 Beach sidler
60 Not snug
61 A Great Lake
62 Sedgwick of the screen
63 Meddler
64 City on the Truckee
65 Get the picture
66 Frond

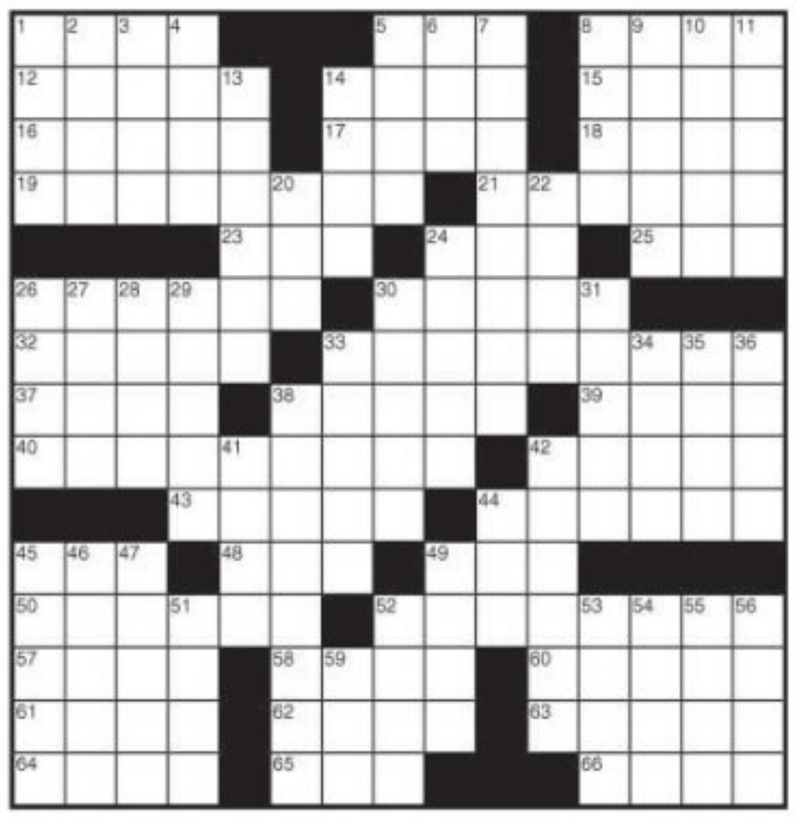
Down
1 Mock fanfare (hyph.)
2 Nefertiti's god
3 Ale ingredient
4 Grades 1-12
5 Prickly husks
6 Actress — Hagen
7 Consoles
8 Lehrer and Carrey
9 Burnt up
10 Drills holes
11— nous
13 Water or oil
14 Dries out, as wood
20 Consume
22 Pharaoh's charm
24 Insert mark
26 Vampire's tooth
27 Bradley or Sharif
28 Late-night Jay
29 Familiar
30 Stucco backing
31 Ribs, slangily
33 Far from indifferent
34 Dots in "la mer"
35 Call
36 Key point
38 Cookout extras (hyph.)
41 Fact fudger
42 Prudently
44 Burbank's sci.
45 "Star Wars" villain
46 Desensitize
47 From square one
49 Ali —
51 Muffin spread
52 Whittle down
53 Year-end tune
54 Tint or shade
55 This, to Pedro
56 Unhearing
59 Deli loaf

Yesterday's answer

B	A	W	L		H	A	N	G	S		J	A	M	B
O	M	O	O		U	H	U	R	A		E	S	A	U
O	M	E	N		M	O	B	I	L		S	E	L	L
N	O	S	E	G	A	Y	■	P	E	P	T	A	L	K
■	■	■	W	O	N	■	■	M	A	E	■	■	■	■
C	A	B	O	T	■	P	A	S	■	T	R	A	C	K
O	V	A	L	■	M	A	S	C	O	T	■	S	H	E
C	O	N	F	R	O	N	T	A	T	I	O	N	A	L
O	W	E	■	I	N	S	E	R	T	■	V	E	I	L
A	S	S	E	T	■	Y	R	S	■	B	E	R	R	Y
■	■	■	D	E	F	■	■	■	E	R	R	■	■	■
P	R	A	I	S	E	D	■	M	A	R	A	C	A	S
H	I	L	T	■	I	O	T	A	S	■	W	O	R	E
E	P	E	E	■	G	L	A	Z	E	■	E	R	N	E
W	E	E	D	■	N	E	W	E	L	■	D	E	E	M

Interactive Crossword

You can use your smartphone to discover today's crossword answers — right now! Download and open the Blippar app on your smartphone and hold the screen over the puzzle. It's that easy!



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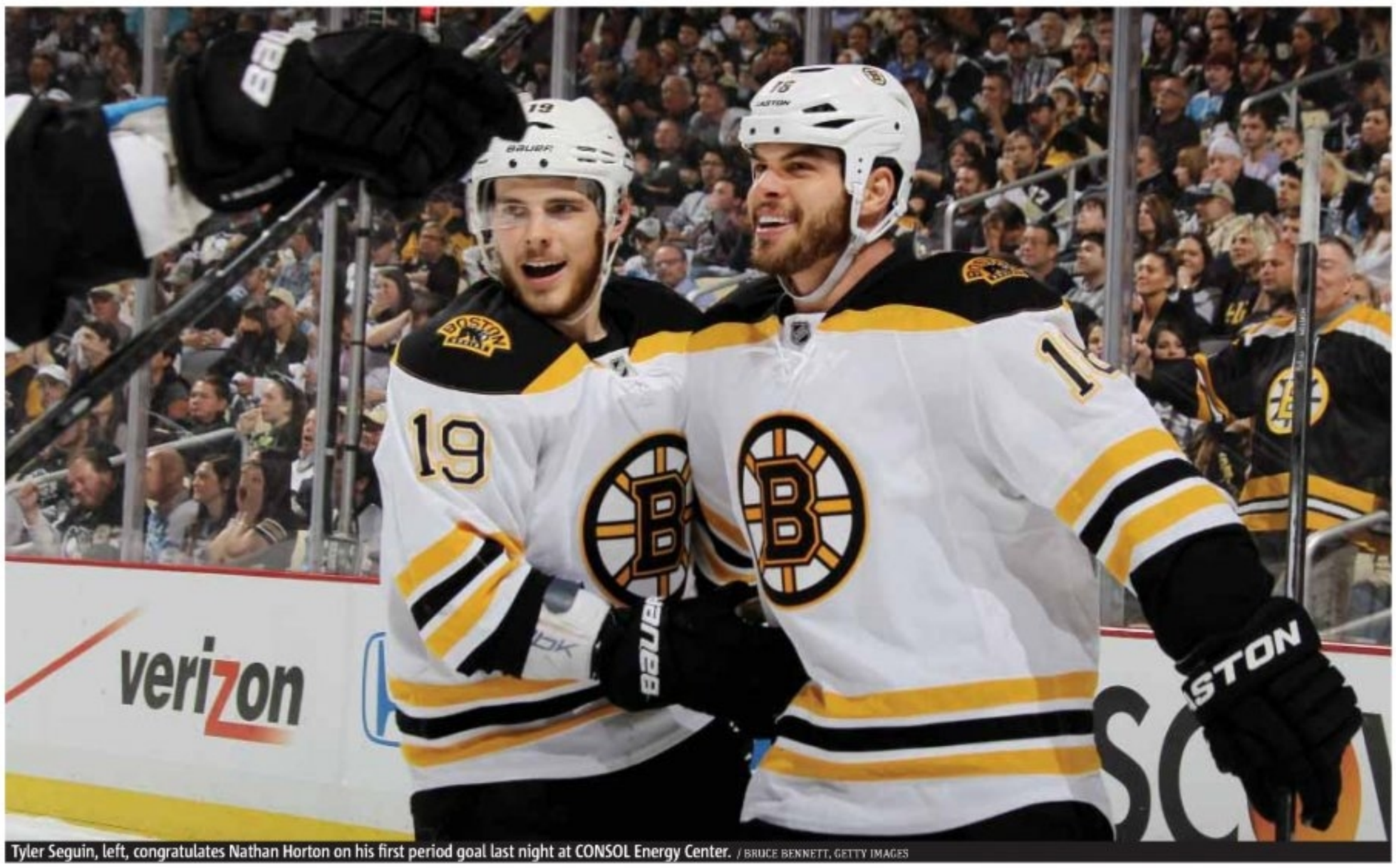

Tyler Seguin, left, congratulates Nathan Horton on his first period goal last night at CONSOL Energy Center. / BRUCE BENNETT, GETTY IMAGES

B's take two for the road

NHL playoffs. The Bruins spanked the Penguins, 6-1, last night to take a 2-0 lead in the East finals.

Has anyone seen the Pittsburgh Penguins?

The supposed super team that was seemingly a lock for the Stanley Cup Finals hasn't really shown up in the first two games of the Eastern Conference Finals as Boston won Game 2 last night, 6-1, at CONSOL Energy Center.

The Bruins take a 2-0 series lead back to Boston with Game 3 tomorrow (8, NBCSN) at TD Garden. Since 1967, when the NHL expanded, no team has reached the Stanley Cup Finals after losing the first two games of the conference finals on their home ice.

In the first two games, the Bruins have outscored the Penguins 9-1. Tuukka Rask (26 saves) didn't get another shutout like Game 1, but that's about all that didn't go right for the B's. Boston never really let Pittsburgh settle into this one as Brad Marchand scored 28 seconds into the first period with a breakaway and goal. Nathan Horton and David Krejci made it 3-0 later in the first period, forcing Penguins head coach Dan Bylsma to pull Tomas Vokoun (9 saves) in favor of Marc-Andre Fleury (14 saves) but it didn't matter since Pittsburgh's defense was in shambles. Brandon Sutter broke Rask's 128 minute shutout streak going back to Game 5 vs. Rangers but that was the Penguins' only highlight.

Marchand's second goal was the back-breaker as it put Boston up 4-1 25 seconds after Sutter's tally, with only nine seconds left in the first period.

After a scoreless second period, Patrice Bergeron got on the board with another early goal for the B's — 27 seconds into the third — and Johnny Boychuk added the final nail in garbage time.

The Penguins beat the Bruins in hits, with 37 to Boston's 19. Boston had the edge in faceoffs won, winning by the narrow margin of 29-28.

Not many predicted that Boston would dominate Pittsburgh so impressively on the road in the first two games.

Now the Bruins come home with a chance to win two games at the Garden and reach the Stanley Cup Finals for the second time in three years.

RICH SLATE
sports@metro.us

Net gains

79

B's goaltender Tuukka Rask did not allow a goal to Pittsburgh for 79 minutes and 34 seconds to start the series. The Penguins' Brandon Sutter lit the lamp 19 minutes and 26 seconds into Game 2. Meanwhile the Bruins chased Pens starter Tomas Vokoun from the game.

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MLB power rankings | by Ryan Hannable

No. 1

Cardinals (37-19)

The Cardinals are still the best team in baseball after a 5-2 week and still in control of the talented NL Central. With two road wins, the Cardinals improved on their league leading 20-9 record on the road, which has been a major reason for their success. They will be tested this week with a four-game set against the Diamondbacks and then a three-game road series at Cincinnati.

No. 2

Rangers (35-21)

Despite a .500 record this past week, the Rangers still remain second in the rankings, and the best team in the American League. Their lead in the AL West has been narrowed to two games, but with the outstanding pitching staff they have, they can jump out in front of a team at any time.

No. 3

Braves (34-12)

Even with a 4-3 record last week, the Braves have been able to jump out to a 6.5 game lead in the NL East. After Sunday's game, Braves pitching had allowed three runs or less in their last five games and are fourth in all of baseball with a sharp 3.36 ERA.

No. 4

Reds (35-22)

Taking two-of-three from the Pirates over the weekend moved the Reds into a tie with those Pirates for second place the NL Central. These wins came on the road, but the Reds have done most of their damage at home with a major league leading 20-7 home record. They're back in Cincy this week.

No. 5

Red Sox (35-23)

A 4-3 week, including taking two-of-three from the Yankees propelled the Sox back into first place in the AL East. It appears the pitching is getting back on track as the staff allowed an average of just 2.43 runs per game this past week. Texas is in town this week.

No. 6

Pirates (35-22)

It's too bad the Pirates are in the NL Central as if they were in any other division in the NL they would be in first place. Instead they are in a tie for second with the Reds, 2.5 games behind the first place Cardinals. In their last seven games they've held opponents to four runs or less in five of them.

No. 7

Athletics (34-24)

The Athletics are the hottest team in baseball at the moment, making the biggest jump of eight spots from last week. They went 6-1 this past week and have won nine of their last 10. Their offense has been the key as they have averaged 5.3 runs per game over that stretch.

No. 8

Orioles (32-25)

The Orioles are making a run at the top of the AL East by winning seven of their last 10. Their week was highlighted by taking three-of-four from the team across town, the Nationals. They will look to continue their hot streak with a three-game series against one of the worst teams in MLB, Houston.

No. 9

Yankees (31-25)

Though Mark Teixeira and Kevin Youkilis returned, things didn't go too well on the field for New York The Yankees are playing their worst ball of the season, losers of seven-of-eight, with the Indians coming to town for a three-game series to begin the week.

Best of the rest

- **No. 10 Arizona Diamondbacks (32-24)** — A 4-2 week has enabled Arizona to jump in front of the other NL West teams and into sole possession of first place.
- **No. 11 Tampa Bay Rays (31-25)** — Tampa Bay is surging up the AL East standings as it has won seven of its last eight, despite ace David Price being on the disabled list.
- **No. 12 Cleveland Indians (30-26)** — Despite dropping seven of their last 10, the Indians are still just a half game behind the Tigers in the AL Centrall.
- **No. 13 San Francisco Giants (30-27)** — A 2-5 week dropped the Giants out of the top spot in the NL West. Oakland took three-of four and then the Cards took two-of-three.

See the full Top 20 at Metro.us.

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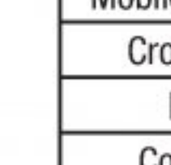

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